

MONTHLY PARENTING NEWSLETTER

PEACE OF MIND WITH PEACE AT HOME



Less Stress, More Joy this Holiday Season

Simple Strategies to Stay Sane and Grateful

The holidays are meant to be joyful—but for many parents, they bring more pressure than peace. Between financial stress, family dynamics, travel, and the push to "make it magical," it's easy to feel overwhelmed and exhausted.

This season, take a breath. Peace At Home experts share seven proven tips to help you set boundaries, support your child's emotions, and simplify traditions so your family can stay grounded, connected, and grateful. You don't need perfection—you need peace.

Check out our **Holiday Survival Guide**

LIVE

Upcoming Events

Live Workshop

Raising Happy, Resilient Kids:

Parenting with Optimism and Confidence
Thursday, November 6, 12:00 PM ET

Register

Lunch & Learn Discussion

Meaningful Holidays Without the Pressure: Balancing Kids, Grandparents, Gifts and More Wednesday, November 19, 12:00 PM ET

Register

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PEACE AT HOME ANNUAL SUBSCRIPTION

Full access to PAH content for \$197 \$120/year

Learn More

Live Workshops Quick Videos 1:

1:1 Consulting

Resource Pages

Politics, Parenting, and Pumpkin Pie:

Make Peace This Thanksgiving

Thanksgiving brings joy—and sometimes a side of stress.

Whether it's managing meltdowns, awkward family dynamics, or just trying to keep the peace across generations, you're not alone. Peace at Home has the tools to help.

Watch the links below for quick tips and powerful reminders to set the stage for a harmonious holiday table—no matter your child's age or your family's quirks. From toddlers to teens (and even college kids returning home), we've got your back with expert advice, live sessions, and practical quides.

Here's to more calm, connection, and gratitude this season.

Happy Thanksgiving!

Parenting Essentials

Quick Video: **How Your Emotions Affect Your Child's Behavior***Quick Video: **Brain Calming Techniques***

Toddlers, Preschoolers, & School-Age kids

Recorded Workshop: **Help Your Child Stay Calm during Holidays**Quick Video: **Daily Conversations with Your Kids***

Teens & Young Adults

Quick Video: **Daily Conversations with Your Teens***Quick Video: **College Students Home for the Holidays**

PASS THE TURKEY, NOT THE TENSION: HELP FOR THANKSGIVING TABLE DRAMA

UPCOMING LUNCH & LEARN DISCUSSION

Meaningful Holidays Without the Pressure

RECORDED WORKSHOP

Handling Hot Topics with Your Kids and Colleagues RECORDED LUNCH & LEARN DISCUSSION

Gratitude: More than Just a Thanksgiving Ritual

Family Gatherings and
Everyday Conversations:
Talking About Gender Identity
and Sexual Orientation

*Quick Video links will bring you to the library where these titles are located. Log in or create an account and purchase the library to view individual videos.













